



SENIOR PROGRAMS  
CITY OF PHOENIX | HUMAN SERVICES



# Pecos Senior Center

## Your Best Years Start Here!

17010 S. 48th Street  
Phoenix, AZ 85048 602-534-5366  
[phoenix.gov/seniorservices](http://phoenix.gov/seniorservices)

# Winter 2026

## Jan. Feb. March

### Center Hours

Operating hours:

Monday to Friday, 8 a.m. to 5 p.m.

Programming hours:

Monday to Friday, 9 a.m. to 4 p.m.

### Membership

Phoenix residents annual membership fee is \$20, and \$40 for non-residents.

### Lunch

Lunch service is Monday through Friday starting at 11:30 a.m. Meal reservations and cancellations must be made at least three business days in advance. Members 60+ may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5.

### Transportation

MV Transportation provides flexible taxi service to and from your local senior center for eligible members. Please contact center staff to register, or for more information.

### Virtual

For virtual options, see staff or call 602-253-5366

### Caseworker

Caseworker assistance available upon request. For more information or a copy of this publication in an alternate format, contact 602-262-4520 voice. The city's TTY Relay phone number, 602-534-5500 may be used, if needed.

### Memory Café Program

Memory Café is a welcoming place providing persons living with early to moderate dementia a safe place to socialize and participate in activities facilitated by professionals to stimulate and support brain health. Memory Café includes care partners for a shared experience. Advance registration is required; there is no fee to attend. Please call 602-534-5750 or email [memory.cafe@phoenix.gov](mailto:memory.cafe@phoenix.gov)



### Upcoming Events



A MATTER OF  
BALANCE

MANAGING CONCERN ABOUT FALLS

**Do you have concerns about falling?**

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

**This program emphasizes practical strategies to manage falls  
You will learn to:**

- View falls as controllable set goals for increasing activity.
- Make changes to reduce fall risks at home.
- Exercise to increase strength and balance.

Sign up see staff now  
limited seating  
Fridays, Jan. 17 to March 7, 2025

# SPECIAL EVENTS

RESERVATIONS RECOMMENDED



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>New Year's Day CENTER CLOSED</b>	2 <b>10 a.m. Come start 2026 with us</b>
5 <b>10 a.m. Trivia 1 p.m. Zumba</b>	6	7 <b>12:30 p.m. Pecos Downs</b>	8 <b>11:15 a.m. Trip: Lunch Bunch Portillo's</b>	9 <b>10 a.m. PHX Art Museum Docent Talk</b>
12 <b>10 a.m. Memory Café</b>	13	14 <b>11 a.m. NAU/AmeriCorps 12:15 p.m. Book Club</b>	15 <b>2 p.m. Trip: Herberger Theater Calamari Sisters</b>	16 <b>10 a.m. Strawberry Ice Cream Day</b>
19 <b>Martin Luther King, Jr. Day CENTER CLOSED</b>	20	21 <b>12:15 p.m. Site Council Meeting</b>	22 <b>10 a.m. Trip: AZ Science Center</b>	23 <b>10 a.m. March of the Penguin</b>
26 <b>10 a.m. Loteria</b>	27	28 <b>12:30 p.m. Reel Time Movie: <i>Blended</i></b>	29	30 <b>10 a.m. MLK Day Black History Month <i>Unity</i></b>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>10 a.m. Trivia 11 a.m. Unity Chat</b>	3	4 <b>11:30 a.m. Trip: Barleens Lunch Show <i>Rockin &amp; Rollin Through the Years</i></b>	5	6 <b>10 a.m. Jan./Feb./March Superbowl Birthday Party Quesadilla Sale</b>
9	10	11	12	13

**9**  
10 a.m.  
**Memory Café**

**10**

**11**  
12:15 p.m.  
**Book Club**

**12**  
noon  
**Trip: Herberger  
Theater**

**13**  
10 a.m.  
**Valentine's Day  
Party**

**16**  
**Presidents'  
Day  
CENTER CLOSED**

**17**  
11 a.m.  
**Unity Art Talk**

**18**  
12:15 p.m.  
**Site Council  
Meeting**

**19**  
11:15 a.m.  
**Trip: Lunch Bunch  
Cheddars**

**20**  
10 a.m.  
**Chocolate Mint  
Day**

**23**  
10 a.m.  
**Good Eating**

**24**  
11 a.m.  
**Unity  
Spotlight**  
Leanna

**25**  
12:30 p.m.  
**Reel Time Movie:  
*The Last Breath***

**26**

**27**  
10 a.m.  
**National Fairytale  
Story Day**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**2**  
10 a.m.  
**Trivia**

**3**

**4**  
12:30 p.m.  
**Pecos Downs**

**5**

**6**

**9**  
10 a.m.  
**Memory Café**

**10**

**11**  
12:15 p.m.  
**Book Club**

**12**  
noon  
**Trip: Herberger  
Theater**

**13**  
10 a.m.  
**PHX Art Museum**

**16**  
9:30 a.m.  
**Trivia**  
11:15 a.m.  
**Trip: Lunch Bunch  
Mi Patio**

**17**

**18**  
12:15 p.m.  
**Site Council  
Meeting**

**19**

**20**  
10 a.m.  
**St. Patrick's Day**

**23**  
10 a.m.  
**Good Eating**

**24**

**25**  
12:30 p.m.  
**Reel Time Movie:  
*Snow White***

**26**

**27**  
10 a.m.  
**National Waffle  
Day**

**30**  
10 a.m.  
**Cesar Chavez  
Loteria**

**31**  
**Cesar Chavez  
Day  
CENTER CLOSED**

All programs are subject to change or cancellation  
without notice.



# ONGOING ACTIVITIES



## RESERVATIONS RECOMMENDED

American Mah Jong	12:30 p.m. every Thursday: <b>all levels</b> 9 a.m. every Friday: <b>advanced</b> 12:30 p.m. first Monday and third Tuesday of every month: <b>advanced</b>
Ballet Yoga	10:30 a.m. every Wednesday
Blood Pressure Checks	9 a.m. and 11 a.m. every Wednesday & Friday
Bridge	12:30 p.m. every Monday, <b>Bridge 101</b> 12:30 p.m. Wednesday and Friday
Cards	12:30 p.m. <b>Spades</b> second and fourth Friday of every month 12:30 p.m. <b>500 Bid</b> first and third Friday of every month 12:30 p.m. <b>Hand, Foot &amp; Toe</b> every Monday, Wednesday & Friday
Creative Corner	1 p.m. <b>Creative Corner</b> first & third Tuesday of every month 1 p.m. <b>Art with Christy: Jan. 13, Feb. 10, March 10</b> <b>(SEE STAFF FOR ALL SIGN UP, limited space)</b>
Chair Exercises	10:30 a.m. every Tuesday & 10 a.m. every Thursday
Color and Conversation	1 p.m. every Monday
What's New? Discussion Group	noon, Thursday: <b>Jan. 15, 29; Feb. 12, 26; March 12, 26</b>
Fun Bingo	10 a.m. every Wednesday 12:15 p.m. every Friday
Games / Cards	9 a.m. to 4 p.m. daily ( <i>time and space permitting</i> )
Gentle Yoga	10 a.m. every Tuesday & Thursday
Line Dancing	1 to 2 p.m. on Monday & Wednesday ( <i>all levels</i> ) 1 to 3 p.m. on Friday: 1 to 2 p.m. teach and learn; 2 to 3 p.m. dance
Memory Monday Screening	Second Monday of every month, 9 to 11 a.m. and 1 to 3 p.m.
Pinochle	9 a.m. daily 12:30 p.m. first Tuesday & fourth Wednesday of every month
Social Hour	9 a.m. to 4 p.m. daily
Tai Chi	9 a.m. every Monday & Friday
Walking	9 a.m. every Tuesday & Thursday
Wii Bowling	12:30 p.m. every Monday & Tuesday